

OUR ACTIONS, A IN THEIR SUCCESS



Helping our little ones thrive and enjoy learning.

Early reading



Healthy lifestyle habits



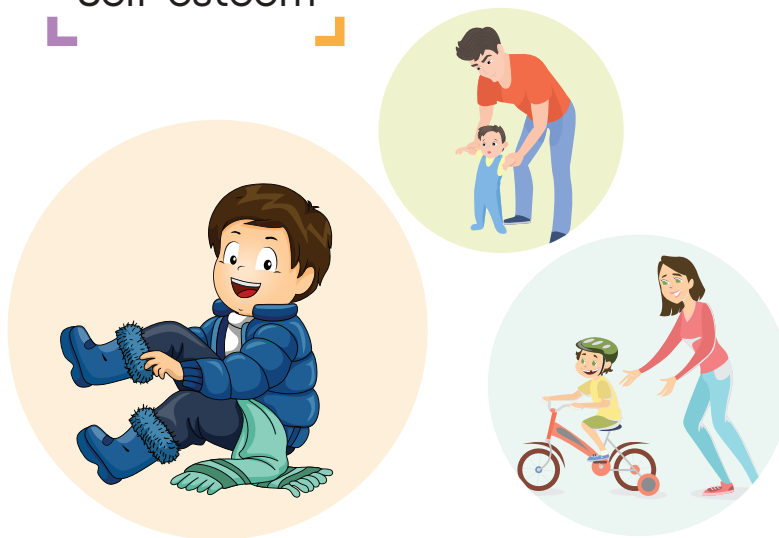
Games



Affection and sense of security



Self-esteem



My personal 



My name: _____



Message to parents

You're a + in your child's life!

Here are a few simple things you can do on a daily basis to help your child thrive:

- + Read and tell stories
- + Cook and eat as a family
- + Ask questions about their day
- + Dance to the beat of the music
- + Tickle and hug
- + Congratulate efforts and learning
- + Explore the park and the neighbourhood
- + Sing nursery songs and invent rhymes
- + Play outside
- + Give them a chance to meet other children
- + Go to the library
- + Ask about the colours, shapes, flavours and textures of food
- + Encourage them to feed, dress and wash themselves
- + Console them when they're upset
- + Help them express their needs and emotions
- + Play games that require patience (puzzles, board games)
- + Give them the opportunity to make choices



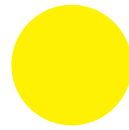
For more ideas

Visit JPESTRIE.ca

Inspired by an initiative of the Regroupement lavallois pour la réussite éducative

Game zone

Colours and shapes



Emotions



Animals



alligator

elephant

giraffe

kangaroo

lion

bear

penguin

zebra

Numbers

